

NAVY MEDICINE LIVE

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Sailor in the Spotlight

Filed under FLEET AND THE FLEET MARINE FORCE, PUBLIC HEALTH, U.S. MARINE CORPS (NO COMMENTS)

By *Hospital Corpsman 2nd Class (FMF) Mai Thao Pham, 1st Dental Battalion/Naval Dental Center, Camp Pendleton, Calif.*

**Editor’s note: In support of Asian American and Pacific Islander Heritage Month, the Navy Medicine Live blog will feature three “Sailor in the Spotlight” to highlight the great work that our Sailors are doing to support the Navy and Marine Corps team.*



Hometown: Dong Thap, Vietnam

When did you join Navy? May 2007

What is your current job? Leading Petty Officer of 33 Area Dental Clinic (Margarita)

Navy Medicine Video

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What are your proudest Navy accomplishment(s)? My proudest accomplishments in the Navy were to complete Field Medical Training and being selected as Leading Petty Officer for my clinic.

What is your favorite thing about serving in the Navy? I love being a Sailor and a part of such a large and diverse community. I like the fact that you meet people from all walks of life, and ethnic backgrounds, each with different life experiences. This mosaic of ideas makes us stronger and is a good representation of the melting pot that is the United States of America.

How do you achieve a life-work balance in the Navy? It's hard to balance your personal life and work, especially when you spend so much time at work; the people that you work with become your friends. I find the best way of balancing life and work is by having good work ethics, setting a schedule, going to school at night and finding little time for myself when possible.

Where do you see yourself in 5 years? I see myself in pharmacy school and becoming a Naval Officer.

What are your hobbies? My hobbies include hiking, cooking, baking, reading, shopping, tasting foods from different cultures and traveling with family and friends.



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